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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Try out for a  
varsity team**  
Full schedule  
opportunities  
pages 8-10  
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Volume 10 Number 10 October 10, 2019



PHOTO BY JASON BOWELL

Corsetoga Students' president Spencer Farmer and VP Christopher Cusack look over some of last year's event posters. CSI provides services, representation and activities for full-time students, and is currently planning many great events for the 2019-2020 school year.

## PRESIDENT'S MESSAGE The college has a lot to offer

Welcome to the 2019-2020 academic year! Things you will find in everything you expect as you move forward towards your career-related educational goals.

During your studies diligently and apply the skills you learn, and you will take a major step towards success.

Our faculty members have considerable experience in their respective fields and a lasting success in your progress. From them you will learn what you need to know in your future endeavors.

Financial education offers the great advantage that money from doing a job will. The confidence you gain that knowledge will aid you throughout life.

There can be many other experiences for you at Corsetoga.

■ Variety and individual

experiences

■ Activities and events open only by Corsetoga Students' Inc.

■ Overcoming stress and

proposals

■ Real professional events

and opportunities to

your progress of study.

These opportunities will

your personal life and stretch

your education.

For new students, our formal Orientation activities and the early part of the fall semester will give you many insights into Corsetoga and how you can best benefit from your time here. All of us here

— faculty, staff, administration and returning students — have a wealth of experience that we will gladly share with you.

It's an exciting time to be at Corsetoga, and all of us are delighted that you've chosen to be here. Best wishes for a great year!

John Wilkins,  
President, Corsetoga College

## What can CSI do for you?

By JASON BOWELL

New year, new school and new people.

For some, these three things may be a little intimidating and can make for a somewhat scary start to post-secondary learning.

But they don't have to.

Corsetoga Students' Inc. is here to help.

The organization, which is the official student union, now representing more than 1,200 full-time students at Corsetoga College, can make things a little more comfortable.

"We are truly here to help with these new students' transition into the college," said CSI president Jamar Wilkins. "We do our best to help throughout their entire college experience."

CSI's mandate is to provide students with activities, services and representation.

The fall move-in, which is located directly beside the Horizon post office Door 4, is

students' "housing shop" for all project needs," according to Wilkins.

They offer two services such as laundry, laundrying, buying and cleaning as well as shared services like online printing and photocopying.

The area also carries long distance and cell phone cards. Part-time job opportunities for students within the fall move-in are a big advantage.

On the social side, CSI plans and organizes events to help engage students in college life.

"We provide a huge range of activities," said Wilkins, adding the group organizes an event, hosts open events. "We do open nights, concerts and parties of the bands. Pretty much anything that is fun and interesting we try to provide."

CSI's annual Peter Wagner is one of the events that is popular with students at the college. Every year students receive money for charity by

making a thirty dip into the bucket pool for the unfortunate pool of the old and sick. The 2019 event raised money for research into a cure for cystic fibrosis.

CSI also provides storage for students to get involved within the organization, staff and non-student Christopher Cusack encourages it.

"There have opportunities in this field that people usually wouldn't have," and Cusack, "When the [CSI] team, they can gain leadership skills, they build friendships and there is team working and if you're into marketing there are promotion opportunities."

CSI provides the student body with a message through video, a student photographer studies and the opportunity to start your own club if you're interested in finding people with the same interests as yourself.

Security International, the Corsetoga Christian Fellowship committee and the Corsetoga award mental

activities are just a few examples of some of the groups that already exist.

Over the summer months CSI did a lot of planning to prepare for the upcoming school year. Things such as what events will take place and when were some of the things they focused on.

They also met with the executive board of directors and came up with a development of what they want to accomplish this year and they talked about some of the changes they would like to help out.

If you have any questions about how CSI works and what they do, or you would like to see how to get involved, pay them a visit, or there other, which is located on the second level of the main campus in Room 2A100.

"At any point I encourage all students to come and talk to us so they can get to know their board of directors, non-president, president and staff members," said Wilkins.

**Now deep thoughts  
with Conestoga College**

Randomized questions answered by random students

**What advice would you give first-year students?**

[illegible]

Josephine Williams was a  
graduate of the school  
in 1900.

<sup>1</sup>Found a good group for a better result.

**Byron Prentiss,**  
**Director, Global Policy**



<sup>1</sup> <http://www.fishbase.org>

**THE FUTURE OF THE  
POLICE**



<sup>11</sup> "Don't let my handbooks rustle  
you know you have  
been around me a while, haven't you?"

**Dr. Robert M. Weiss**,  
University of Maryland  
College Park, MD



1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

**Abstract**



<sup>a</sup>Continuous and discontinuous means

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## Get off on the right foot

These tips will help you stay stress-free

[illegible]

Welcome to the wonderful world of college education, a step in the right direction towards your dreams career. Let us begin by offering a few elementary tips to assist those who are new in this strange and prosperous place.

First of all make note of your timetable and study it well—remembering halfway through first thing that the conference is in fact not where our listing is held so conference goes.

Stroll through the campus bookstore as soon as possible for your program's activities. There is a wide selection of books available to stay alert and on the case you are on the forefront status of the store. If you are in search of business

management bodies but have your face stuck in situations informed with the college's other classes are yours in the same way.

Third, and Tom Hanks no exception - if a friend tells you to meet them and you choose to venture out towards Homer Watson's mural, you will be warmly loved.

Then there's parking, an issue caused the library, the cafeteria, the Sanctuary, other students bus routes, Cancer Services, counseling, libraries, student residences and the location of the new and old buildings.

For some beginning college students, a standard 1000. Last semester, you'll do better than 1000.

Faculty members and fellow students can help you as can your college's career center.

[illegible]

import, registered manufacturers and consignees are liable to make sure the destination countries are sample and store.

Now, only one other body was  
with first week. Organisms  
then are born in nature.

Some common personal stressors include stress from living in college relationships, difficulties, severely depressed mood, thoughts of suicide and self-harm or abuse, usually by low self-esteem, domestic violence, anger, grief, low income, health issues and eating disorders.

ChemicalNet can also help students with research and career goals.

Students interested in speaking with a counselor can visit the office located in the Student Life Center on Room 1A100 or can call 415-245-5100 ext. 3700.

### WHAT DID YOU DO

- If you are away from home for the first time and feeling lonely?
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- If you are feeling overwhelmed?
- If you have questions, concerns about anything?



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# Conestoga a respectful community

## A part-time job has pros, cons

By **CHRISTIE LAMONTAGNA**

For one of the first times in its history, you know who's a child and one of the first you will learn is Conestoga.

The college's Respect Campaign, which launched in September 2006, has received a lot of praise from the college community.

The purpose is to encourage the student body as well as faculty members to be the difference and to go the distance to achieve that shared purpose.

Respect is the understanding that we share a common community that we are able to agree and disagree civilly that we are able to consider the needs and rights of all people in the college community and that we do not allow disrespect.

At Conestoga, we're really proud to have a campus that is respectful, welcoming and inclusive to everybody, and Ryan Connell, student life programmer and an organizer of the student Respect Campaign.

To achieve the goal of the Respect Campaign is a certain degree of understanding and commitment to respect from each individual in the entire

community.

"The kids are loved with passion highlighting different communities in which respect should be granted. Provided in some of the persons are mature students, mature parents, faculty, but young students, students and students with disabilities."

In the summer of 2006, a group of student members of Conestoga Students' and faculty members are listed to be the first Respect Campaign committee.

The committee has several events throughout the year, promoting the campaign itself as well as the meaning of respect.

Conestoga already has a very welcoming and inclusive atmosphere. However, the campaign continues to promote and develop awareness of student demographics through diversity programs among awareness of the good behaviors already with listed on campus and by providing student leaders with the tools to act as leaders and role models of the campaign's message.

"I think it's important for all programs to know that they have created a respectful community," said Connell. "It

is important to know what that means."

There are plenty of ways to get involved and support the ongoing Respect Campaign. As mentioned in the Respect website, the participants:

■ Wearing Respect by putting up a Respect or Respect on the Student Life Center.

■ Leading Respect by being a leader and helping others to follow in your footsteps.

■ Respecting yourself as Respect by taking advantage of the many resources within our campus, displaying the Respect website, events and video programs time.

■ Celebrating the differences throughout your Conestoga academic career. You will come in contact with various nationalities and needs relative to each situation.

■ And, all events, speaking and about awareness. It is a service that anyone to share your feelings when you hear someone speak with a lack of respect.

If you would like to get involved and promote respect throughout your day, visit [www.conestoga.ca/programs/respect](http://www.conestoga.ca/programs/respect) or contact a campus representative to see drop by the Student Life Centre or visit Connell at Room 12217.

### By **CHRISTIE LAMONTAGNA**

With today's tuition costing more than \$2,000 a year, many students question whether taking a part-time job with part-time school is the way to go.

Ryan Connell, a materials and operations management student, says he works eight hours per week in mall as 16 hours every second weekend as a car dealer to earn some extra money.

Though he says working helps not financially at all, it also helps him to get his mind away from school work for those five hours a week.

He finds that the only disadvantage is "not being able to stay after class some days to meet with professors, though most of the time arrangements can be made."

For Sharlene Kowalski, a health office administration student, there is a time to be working part time as a messenger at McDonald's and her school work.

"I find it isn't enough 16 hours, because my course load

is too heavy and I could easily fall behind."

A study by Upstream, a U.S. organization that aims to help people achieve higher education, says that part-time students' employment has beneficial effects such as recent work experience on your resume and educational or more practical experience (other than just computer usage).

They also found that students who work less than 10 hours per week reported higher GPAs.

Lane Ford, a business student, says he would recommend students work part-time while at school if they can balance it with their course work.

And, who works 10 to 16 hours per week at McDonald's says the disadvantage to working while at school is the low wages paid to students.

Also, Upstream found that students who worked more than 20 hours a week were much more likely to drop out of school than those working fewer hours.

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**ROGERS**

# Nursing club new at college

BY PATRICK LAMBERS

Conestoga's nursing students have banded together to form a club of their own as an attempt to create a sense of community.

Conestoga Nursing Students, a new affiliate of Conestoga Students Inc., was launched in April. It is open to all students of Conestoga's nursing program.

According to Heather Westfield, a Conestoga student in the bachelor of science in nursing program, the club is meant to bring together all nursing students to encourage them to socialize and improve the nursing community.

"This isn't just for the BSN students, it's for all nursing students in all the different programs," said Westfield. "There's probably more than 300 nursing students here. We should help each other out and have a great time as a

community."

According to Courtney Schmalzberg, also a Conestoga bachelor of science in nursing student, the club is meant to reach out to all the students and make their time at Conestoga better and to bring recognition to the nursing community at the college.

"There's a lot of nursing students here but it isn't well known and we don't really hang out with each other. We really want to change that and meet."

According to the Facebook page, Conestoga Nursing Students (the club's name to provide membership for, primarily service and learning activities for Conestoga College nursing students).

For further information about the CNS club visit [conestoganursingstudents.blogspot.com](http://conestoganursingstudents.blogspot.com) or search Facebook for the group site.



Photo by Patrick Lambers

Nursing students introduced by Conestoga Nursing Students Club last semester. Members included (left to right) Courtney Schmalzberg, Scott Lampropio, Corinne Quirk, Stephanie Irwin, Sarah Ford, Lijana Lytle, Roger Huggins, Heather Whitehead and Penny Rombo.



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# your CSI president & vice president



**Sheena Sorisor,**  
President  
Conestoga Students Inc.



**Christopher Carson**  
Vice President  
Conestoga Students Inc.

## Hello Conestoga Students

My name is Sheena (Sorisor) and I am your returning 2009/2010 President of Conestoga Students Inc. (CSI). CSI is your student government here on campus and will provide you with a wide range of services, representation and activities. We have a non-profit focus, the best of decisions and staff members are here to help and make positive changes to ensure that you have the best experience possible.

I would like to take the opportunity to welcome all new students to Conestoga College and welcome back all returning students. As a graduate of Conestoga College, I take great pride in saying that we are all fortunate to be a part of the J.U.C. College in Ontario, you have made a great choice!

The year will be filled with learning, information, opportunities, fun, new people, challenges and the time of your life... so don't let any of it pass you by. Spend this year taking advantage of the opportunities available to be engaged, get involved and make a difference on campus.

Please make it a point to come by the office and chat with me about anything and everything. If you have any questions or concerns don't hesitate to email me at [sorisor@conestoga.on.ca](mailto:sorisor@conestoga.on.ca)

I wish you the very best in your studies and your student experience!

Yours truly,

Sheena Sorisor

President, Conestoga Students Inc.

**CONESTOGA  
STUDENTS INC.**

## Dear Conestoga Students Inc. membership...

Welcome to Conestoga College, and I your returning, welcome back! Conestoga Students Inc. has a lot of great things planned for you this year and we are excited to make this the best year of the best year of our organization. With many new and exciting events, expansion of services, building of a new campus and much more, we are here to provide you with the best service possible.

Your student government is here to make your time here at Conestoga College fun and exciting, but we are also here to ensure that education is brought to the post-secondary education system as well as to the everyday college experience! So if you have any questions or concerns please feel free to stop by The Conestoga Students Inc. office in D4-104 and we will be able to assist you in your student issues.

If you're looking to get involved this year, there are many opportunities for you to join committees and teams that will give you positive experiences in the school. So if you want to make a difference at the college and have fun while doing it, CSI is the place to be!

Once again, welcome to Conestoga College and Conestoga Students Inc. membership, we look forward to making this year a great year for your best of luck in your studies.

Sincerely,

Christopher Carson

Vice-President, Conestoga Students Inc.

**CONESTOGA  
STUDENTS INC.**

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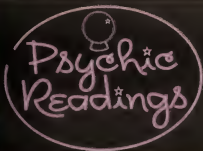
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# your 2009-2010 board of directors

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# There's lots to do in Kitchener-Waterloo

## BY ALAN STUBBS

A note to most of town: first-year students. There's more to the city than there might first appear.

It's relatively difficult to believe that based on what's in the immediate area of the college, but the region offers much in the way of cultural, sports and entertainment.

So, keeping that in mind, here's a list of places to visit in the immediate vicinity of Kitchener-Waterloo.

To begin, if you don't have a car, a bus pass is highly recommended. Grand River Transit runs express buses across Kitchener and Waterloo, allowing easy access to Uptown, Woodhill and downtown Kitchener.

Uptown Waterloo is the hub of the local bar scene. Cheap drinks and musical noise is the college end of Party (228 King St. W.) located within sight of the River Square (24 King St. W.) and the Skyline Lounge (374 King St. W.) often top young life and dancing bands and a few regional acts.

The nearest stage plays there are also at the Regency (31 Princess St. W.) and Princess Theatre (111 King St. W.) where the three which offer the best from beyond are also in Kitchener-Waterloo.

Shopping should check out, bookshops like Chase (22 King St. W.) and Ontario (22 King St. W.) to find stylish clothes not offered at the mall and record shops.

should look to the Orange Monkey (31 Princess St. W.) or Bookstore Records in Kitchener (24 Queen St. E.) to satisfy their pop needs.

Uptown is also the place to go for creative outdoor activities. The area in Waterloo Park is surrounded by acres of beautiful landscaped wood, dog trails and fields perfect for a family afternoon picnic. Development Kitchener only minutes away from Uptown Waterloo, also has plenty of activities.

Waterloo Park, situated not only away from the Ontario Street East Terminal (215 Charles St. W.) is a beautiful area surrounded by some of the city's oldest homes. In the park is also the Botanical, a small but great for offering free music and good food.

Development is also home to the Kitchener Memorial Auditorium (180 Bank Ave.) that serves that houses the Kitchener-Kamper hockey team. The Audi has also hosted by some concerts such as Alan John, Pearl Jam and Nickelback.

Readers can check out the many used bookshops downtown including: Cambridge Books (144 King St. W.) A Second Look (21 Queen St. E.) and KW Book Store and Exchange (224 King St. W.) as well as the Kitchener Public Library (211 Queen St. E.).

In any case, once you do a bit of digging, you'll discover your own favourite bars, old bookshops, outdoor and stores.

## Peer Tutoring

**Monday, September 21, 2009 is the first day to request a tutor for Fall semester courses.**

To request a peer tutor, visit our website [www.conestogacollege.ca/peer\\_tutoring.html](http://www.conestogacollege.ca/peer_tutoring.html) or visit our Learning Commons, 2nd floor by the Learning Commons room 2B.222.

We are still accepting tutors for school programs for the Fall/Winter 2009-10 academic year. Contact the Learning Commons for more details.



The Learning Commons

Students Helping Students

-It Works!!!



## HEALTH SERVICES

provides quality health care and health education in a friendly and professional manner. Our services are available to all full-time students of Conestoga College.

Health Services is located in Room 1A102 of the Student Life Centre of the Doon Campus.



**Office Hours:** 8:30 a.m. to 4:00 p.m. Monday to Friday  
**Phone:** 519-748-5220, ext. 3677 for more information or to make an appointment with the doctor or chiropractor.

### Doctor's Services include:

- Medical care and treatment
- Annual health examinations (physical)
- Sexually Transmitted Disease Testing
- Driver or 3rd Party Physical
- Pap test
- Pregnancy test
- Allergy injections
- Prescription Renewal
- Sexual health & Lifestyle issues
- Referrals to specialists
- Wart treatment

### Chiropractic services:

This service is available to students. Staff and faculty 80% of the fee charged to students for Chiropractic appointments is covered by the CII Health Plan. However full payments must be made at the time of appointment. The full rate is \$20.00 and follow-up visits are \$15.00. Chiropractic Services are provided by Dr. Mike Elvington.

## DISABILITY SERVICES

**Want better results for your hard work?**

**Disability Services provides supports and services for students with disabilities**

**Assessment**

**Accommodation**

**Adaptive Technology**

**Employment Advice**

**Supports and Services to assist with disability-related challenges**

**Contact us**

[www.conestogacollege.ca/disabilitysvc/](http://www.conestogacollege.ca/disabilitysvc/)

519-748-5220, ext. 5222

Or drop in to Room 1A107

*Documentation of disability is required*

